

## CLAIMS

### In the Claims:

1. (Currently Amended) A training apparatus for use in training a player in a spherical ball sport such as soccer, basketball or field hockey, the apparatus comprising a number of substantially rigid targets which can be arranged around a training area for the player, the targets being positioned and adapted such that a ball struck by the player against a target will rebound into the training area so that the player can immediately strike the ball at the same or another target, each target being mounted upon a base member in the form of a ring surrounding the training area, the targets having a plurality of mounting positions upon the base member, the targets being movable between the respective mounting positions so as to move the targets forwards or backwards relative to the training area.
2. (Original) A training apparatus according to claim 1 in which the targets are separated, and in which retaining means is located between adjacent targets.
3. (Currently Amended) A training apparatus according to claim 1 in which each target is mounted upon a substantially rigid frame member, each target being mounted upon the base member by way of its frame member.
4. (Previously Presented) A training apparatus according to claim 3 in which the target is releasably mounted to the frame member.
5. (Canceled).
6. (Canceled).
7. (Currently Amended) A training apparatus [according to claim 5] for use in training a player in a spherical ball sport such as soccer, basketball or field hockey, the apparatus comprising a number of substantially rigid targets which can be arranged around a training area for the player, the targets being positioned and adapted such that a ball struck by the player against a target will rebound into the training area so that the player can immediately strike the ball at the same or another target, each target being mounted upon a base member in the form of a ring surrounding the training area, the targets having a plurality of mounting positions upon the base member, the targets being

movable between the respective mounting positions so as to move the targets forwards or backwards relative to the training area, in which the base member is in the form of a substantially circular ring surrounding the training area.

8. (Currently Amended) A training apparatus [according to claim 1] for use in training a player in a spherical ball sport such as soccer, basketball or field hockey, the apparatus comprising a number of substantially rigid targets which can be arranged around a training area for the player, the targets being positioned and adapted such that a ball struck by the player against a target will rebound into the training area so that the player can immediately strike the ball at the same or another target, in which the targets carry identifying indicia, the identifying indicia being different for each target.
9. (Original) A training apparatus according to claim 8 in which means are provided to issue instructions to the trainee regarding the target(s) to be aimed at.
10. (Original) A training apparatus according to claim 1 in which each target is in the form of a mannequin.
11. (Original) A training apparatus according to claim 1 in which the targets are substantially vertical.
12. (Currently Amended) A method of training a player in a spherical ball sport such as soccer, basketball or field hockey, the method comprising the steps of: {i} providing a training apparatus comprising a number of substantially rigid targets arranged around a training area for the player, the targets being positioned and adapted such that a ball struck by the player against a target will rebound into the training area so that the player can immediately strike the ball at the same or another target, {ii} [a] providing the player with a ball, {iii} the player entering the training area with [a] the ball, and [{iii}] {iv} the player delivering the ball against a target, receiving the rebounding ball and delivering the ball against another target.
13. (Previously Presented) A method according to Claim 12, wherein the targets are separated, and in which retaining means is located between adjacent targets.

14. (Previously Presented) A method according to Claim 12, in which each target is mounted upon a substantially rigid frame member.
15. (Canceled).
16. (Previously Presented) A method according to Claim 15, in which the targets are movable relative to the base member.
17. (Previously Presented) A method according to Claim 15, in which the base member is in the form of a substantially circular ring surrounding the training area.
18. (Previously Presented) A method according to Claim 17, comprising providing means for issuing instructions to the trainee regarding the target(s) to be aimed at.
19. (Currently Amended) A [training apparatus] method according to Claim 12 in which each target is in the form of a mannequin.
20. (Currently Amended) A [training apparatus] method according to Claim 12 in which the targets are substantially vertical.
- 21 (New) A method of training a player in a spherical ball sport such as soccer, basketball or field hockey, the method comprising the steps of: {i} providing a training apparatus comprising a number of substantially rigid targets arranged around a training area for the player, the targets being positioned and adapted such that a ball struck by the player against a target will rebound into the training area so that the player can immediately strike the ball at the same or another target, each target being mounted upon a base member in the form of a ring surrounding the training area, the targets having a plurality of mounting positions upon the base member, the targets being movable between the respective mounting positions so as to move the targets forwards or backwards relative to the training area, {ii} providing the player with a ball, {iii} the player entering the training area with the ball, and {iv} the player delivering the ball against a target, receiving the rebounding ball and delivering the ball against another target.